

Things to Interest Our Woman Readers

Various Dishes

Breakfast For a Diabetic.
Gum Gluten Breakfast Food
Baked Eggs with Grated Cheese.
Gluten Biscuit.
Coffee poured into slightly beaten
yolk of egg or used with a teaspoonful
of butter or heavy cream and sweet-
ened with sweetina.
A small dish of Grated Pineapple.

Dinner for a Diabetic.
Cream of Celery Soup with Noodles,
or Gum Gluten Crisps.
Boiled Onion.
Scalloped Tomato Shrimp and Lettuce
Salad.
Olives. Salted Almonds.
Baked Custard. Coffee.

Supper.
Chicken Salad.
Gluten Bread and Butter.
Olives. Baked Apples.
Tea.

Among the foods that are consid-
ered best for a diabetic patient milk
stands first. If milk is forbidden
cream can often be used. Gluten
bread is, of course, considered an es-
sential, as it contains no starch. Other
foods that are allowed are oysters,
clams, raw or cooked without flour;
fresh or salt fish, beef, mutton, poultry
without seasoning, soups made
without peas, beans or flour; cauliflower,
green string beans, asparagus,
lettuce, spinach and cress. Jellies can
be used, but must be unsweetened,
such as calf's foot; tea, coffee or cocoa
can be used, but without sugar. Mineral
waters, but no beer, ale or sweet
wines. The only fruits that can be
used are sour apples and lemons. For
sweetening use saccharine tablets, but
in using them remember that your
utensils must be earthen or granite,
never metal.

**Diet in Tuberculosis, Especially Pul-
monary Consumption.**

Soups—Turtle or oyster soup, mutton,
clam or chicken broth, puree of
barley, rice, peas, beans, cream of
celery or tomatoes, beef tea, pepton-
ized milk gruel.

Fish—All kinds of fresh fish, boiled
or broiled.

Meats—Rare roast beef or mutton,
lamb chops, ham, fat bacon, sweet-
breads, poultry, game, tender steaks,
hamburger steak rare.

Eggs—Every way except fried.

Farinaceous—Oatmeal, wheaten
grits, mush, hominy, rice, whole wheat
bread, cornbread, milk toast, biscuits,
muffins, gems.

Fats—Cream, butter, olive oil, cod
liver emulsion.

Vegetables—Potatoes baked, boiled
or creamed, string beans, spinach, onion,
asparagus, tomatoes, green peas,
all well cooked, lettuce, alone or with
oil dressing, celery.

Desserts—Farina, sago, tapioca, apple
or milk pudding, floating island
custards, baked or stewed apples, with
fresh cream, cooked fruits, rice with
fresh cream.

Liquids—Fresh milk, cool, warm or
peptonized, cocoa, chocolate or but-
termilk, pure water, tea, coffee or
liquid peptonoids.

Avoid fried foods, salt fish, hash-
browns, veal, pork, carrots, parsnips,
cabbage, beets, turnips, cucumbers,
macaroni, spaghetti, sweets, pies, pas-
try, sweet wines.

Diet in Fevers.
In fevers give food that is most
easily digested. Milk, which contains
all the food principles, is the best
special diet for fevers.

In typhoid fever the intestines are
the seat of the trouble, and all solid
foods should be debarred. Here nutri-
tious broths and liquids are needed;
but no meat should be given until
the temperature has been normal for
several days. In scarlet fever, avoid
all nitrogenous foods, because the
kidneys and skin are congested, and
these are the organs that excrete ni-
trogen. Their work should be less-
ened, not increased. For this reason
any of the legumes, beans, peas or
lentils, should not be used. Broth
made from them would be most dis-
tasteful, while beef or mutton broth,
which are less nutritious, can be read-
ily assimilated.

Diet in Case of a "Cold."

At the beginning of a cold the diet
should be light, but slightly stimulat-
ing and solid. Avoid greasy foods,
cheese, pork, veal and game. In
catarrhal conditions, smoked or salted
meats should be tabooed, as also tea,
coffee, moist bread and pastry. A
full starch diet aggravates catarrh.

In the selection, preparation and
service of any invalid's food there are
certain fixed rules that may be
briefly summarized as follows:

1. Regularity in feeding. No pa-
tient should be made to wait beyond
the regular time for meals. Unless
one has been ill herself, it is difficult
to imagine the sinking, nauseating
feeling that comes to a sick person
when the meal has been forgotten or
delayed.

2. Give the nourishment in as con-
centrated a form as possible.

3. Bathe the patient's face and
hands and rinse the mouth before

each meal. The comfort of the pa-
tient is dependent in a large degree
upon the conditions of the mouth.

4. Be sure that everything served
is absolutely fresh, sweet and sound.

VARIOUS DISHES—2

whether meat, fish, eggs, vegetables
or fruit.

5. No fried foods should ever be
given an invalid.

6. Provide as much variety as pos-
sible, and let things be a surprise.

7. Avoid serving too many things
at a time or in too large a quantity.

8. Do not fill cups or glasses full,
but leave at least an inch from the
top.

9. When the dietary is limited in
variety, the patient may be gratified
by having it served in courses, eating
more than as if all served at once.

10. After eating remove at once all
traces of the meal. If it is advisable
to have any food or drink left in the
sick room, cover closely.

Beef Tea.

This should always be prepared at
home, unless one has access to a
first-class diet kitchen.

Beef extract is excellent as a stimu-
lant, but does not contain much of any
nourishment. To make the tea.

Take one pound of the round of
beef, remove every scrap of fat and
chop very fine. Cover with one pint
of cold, soft water, and stand aside
an hour. Then place in a jar in the
oven or a kettle on the back of the
stove and heat in a moderate degree

—not much warmer than you could
bear your hands in, say 165 degrees,
at the outside. Strain through a colan-
der, not a strainer. If care has been
taken in the preparation, it may be
served at once, simply salted, with
ordinary salt or celery salt. It is bet-
ter, however, to let it stand several
hours in a cold place, to let every bit
of fat rise to the surface. Remove
in a solid cake, if there is much, or
with a clean piece of blotting paper.

If necessary to reheat take pains not
to let the temperature rise above 165
degrees. If it approaches the boiling
point and the albumen coagulates it
is spoiled. If it is necessary to give
beef tea to a patient several times
daily it is wise to vary the flavor
from time to time, so that the invalid
does not tire of it. This may be done
by means of a bay leaf or a flavoring
of some vegetable, straining them out
before serving. For the patient who
rebels against the sight of beef tea,
unless overcooked, which causes it to
lose its bright color, or unless strain-
ed through a fine sieve, which removes
the brown flakes, which are the best
part of the broth, get a red wine glass
and give him his tea in that.

FOR THE SWEET TOOTH.

Fruit Cake—One cup butter, two
cups brown sugar, four cups flour



THE UNUSUAL THAT WOMEN ARE DOING

A very talented Frenchwoman, a
writer, and quite a person of note
in French literary circles, has chal-
lenged an editor to a duel, for certain
reflections he made in an editorial
upon her personal appearance. His
remarks were altogether uncalled for
and decidedly ungentlemanly, being to
the effect that if she had been more
beautiful, she probably would have
had opportunity to marry, and con-
sequently would not have made cer-
tain criticisms of marriage which she
had done in an article. The woman
is a crack shot, and she challenged
him. The subject matter of his edi-
torial is not under discussion at pre-
sent—though it suggests some inter-
esting points for discussion—but
rather the unusual proceeding that
shows that no longer will women sit
silent under unjust and unwarranted
criticism.

From the other side of the world
comes an interesting account of the
attempt of Miss Dora Keen, a Vassar
graduate, and daughter of one of the
country's most famous physicians, to
climb a hitherto unconquerable moun-
tain peak in Alaska.

These two news items side by side
in the daily press are worth consid-
ering. While some people there are,
who will not approve of either what
these two women are doing is signifi-
cant.

They are far ahead of what the army
of women are doing who are breaking
into new fields. But still it is just

(brown in oven to a light tan), one
cup black coffee, one cup molasses,
two pounds raisins, two pounds cur-
rants, one-fourth pound citron, one-
fourth candied lemon and orange peel,
one teaspoon soda, four eggs, salt and
all kinds of spice to taste.

Berry Poppers—Beat three eggs
light, but not as light as for cake;
add two cups milk and beat again;
then add two cups sifted flour, a lit-
tle salt and beat all smooth; pour
into hot buttered gempans and bake
in a moderate oven. Take from oven
when done and with sharp knife split
one side and serve with sweetened
berries. Dust powdered sugar over
and serve at once. Very nice with
all kinds of jam.

Charlotte Cup Cake—One and a half
cups sugar; half cup butter, half cup
milk or water, two cups flour sifted
twice and measured after it is sifted
(round cups a little), three eggs, flavor

such woman pioneers as these who
have the courage to do what they want
to do, who have made it possible for
more conservative women to branch
out into more conservative, but nev-
ertheless much broader fields than
were open to women some fifty or one
hundred years ago.

These things that women are doing
today without comment are the things
that were just as much commented
upon and often quite as adversely, as
is this proposed duel by the French-
woman, or Miss Keen's or Miss Peck's
mountain climbing exploits. So that
these women who are marching far
ahead of their sisters are to be com-
mended, not so much for the actual
things they are doing, as for the fact
they are demonstrating that women
ought to have a right to do any work
they wish to do that is right and hon-
orable, and that they are capable of
achieving whatever it is possible for
the human brain and body to achieve.

It is the broad meaning of what all
women pioneers are doing that we
want to look to, not the one particu-
lar thing they may be doing. And in
its widest significance, all such work
is an inspiration to women to go ahead
and take up any work they may wish
to do. For what is the unusual today
will be the usual tomorrow. And no
woman who has some unusual gift
should bury it in a napkin, because
so far no woman may have done this
thing. The time is coming and now is
when the world of achievement is as
much woman's world as man's, and
she has a right to enter and conquer
any part of it she can.

to taste, a little salt, one cup cur-
rants or seedless raisins. Makes a
good plain cake.

Snow Balls—Make a stiff batter of
two beaten eggs, two small cups white
sugar, one pint sweet milk, half tea-
spoon salt, one grated nutmeg, three
teaspoons baking powder sifted with
five cups flour. Fry by teaspoonful
in deep fat that has reached the blue
flame heat. When nearly cold roll in
powdered sugar.

Devil's Cake—One cup brown sug-
ar, two tablespoons butter, two-thirds
cup sweet milk, two eggs, one-third
cup grated chocolate, one teaspoon
soda dissolved in a little hot water,
two cups flour, one teaspoon baking
powder, salt, one teaspoon vanilla, almond
flavoring.

Sponge Cake—One cup sugar, one
cup flour, four eggs, three teaspoons
milk, one and a half teaspoons baking
powder, lemon and a little salt.

APPLE RECIPES AND OTHER

Cream Apple Pudding—Pare, core
and quarter six tart apples. Dissolve
a teaspoon of soda in two tablespoons
of warm water; add to it one pint of
thick, sour milk and sour cream mix-
ed, stir in two and a half cups of pas-
try flour, beat for a moment; pour in
a greased baking pan, the bottom of
which has been covered with the ap-
ples; sprinkle half a cup of granulated
sugar and a teaspoon of cinnamon
over the top. Bake in a moderately
quick oven for one hour and serve
hot with hard sauce or cream or milk.

Apple Dowdy—Line a baking dish
with thin slices of brown bread, but-
tered; fill in the spaces with apples
that have been pared, cored and chop-
ped; mix a teaspoon of cinnamon with
half a cup of brown sugar; sprinkle
this over the apples, add half a cup
of warm water and cover with another
layer of brown bread, buttered, with
the buttered side up. Bake slowly for
one hour and serve with cider sauce.

Heavenly Hash—Stone and chop a
quarter of a pound of dates; mix with
an equal amount of figs, chopped fine;
add chopped candied cherries or pine
apple or the pulp of an orange or a
sliced banana. The mixture must be
sufficient to fill a quart and a pint
mold. Cover a box of gelatine with
half a pint of cold water and let it
soak for half an hour. Add to it a
cup of sugar and a quart of boiling
water, stir till the sugar is dissolved;
add the juice of two lemons and one
orange. Strain in the mold over the
fruit; stand aside to harden. When
cold and quite firm turn it out upon
a glass dish and send to the table
with or without whipped cream.

Pan Pudding—And sufficient milk to
a pint of flour to make a stiff dough,
knead and pound it for at least 15
minutes; cut it in quarters, roll each
piece in a thin sheet not thicker than
letter paper and the size and shape
of an ordinary baking pan. Brush the

bottom of the pan with melted suet, time fill dessert glasses with two
Have ready a quarter of a pound of raisins of this mixture; put a ta-
blmonds, blanched, chopped fine and bespoken of lemon water ice in the
mixed with a cup of chopped raisins, center of each glass, cover it over with
half a pound chopped apples and a whipped cream, and it is ready to
cup of brown sugar. Put a layer of serve.

This mixture on the paste, cover with
another sheet, brush with suet and so
continue until all the sheets, of paste
are used. Brush the top sheet with
melted suet, dust with sugar and bake
in a quick oven for three-quarters of
an hour. Remove very carefully from
the pan to a flat dish and send at
once to the table.

Dutch Apple Cake—Separate two
eggs, add to the yolks a cup and a
half of milk, a tablespoon butter melt-
ed and half a teaspoon salt; mix and
add two cups flour that have been sifted
with three level teaspoons baking
powder, beat quickly, fold in the
well beaten whites of the eggs,
and turn in a greased shallow pan.
Cover the top thickly with apples
that have been pared, cored and quar-
tered, putting the rounded side up
and dust over all half a cup of sugar.
Bake in a moderately quick oven for
half an hour or until the apples are
cooked. Serve with cream. Peaches,
blackberries, elderberries or any kind
of berries may be substituted.

Boston Brown Bread—Take a pint
bowl of bread crumbs (raham bread
is best) and add to it six handfuls of
yellow cornmeal, half a cup of brown
sugar, one cup of sour milk, one table-
spoon New Orleans molasses, one ta-
blespoon salt and one teaspoon baking
soda dissolved in the sour milk. Stir
well and put in a greased mold and
steam three hours. This is very nice
and if you try it once you will never
make brown bread any other way.

My Favorite Dessert—Mix orange
pulp, white grapes cut in halves, can-
died cherries chopped fine and a grate-
d pineapple with half a cup powder-
ed sugar; stand aside to cook. At serv-

The Use of Cosmetics

"Making-up often has a distinctly
beneficial effect upon character, and
many women who habitually use cos-
metics are justified in attempting to
beautify themselves."

This theory was propounded by a
leading medical man who has devoted
considerable attention to the practice
among society women of making-up,
who thinks the results of his observa-
tions show that the common attitude of
condemning the woman who makes
use of face pastes, paints and powders
is often wrong.

"Appearance means such a lot to a
woman, mentally as well as socially,"
he said "that she is justified in aiding
or improving nature if she sees fit.

"Making-up is, indeed, essential to
the happiness of some women. A girl
who has some slight personal defect
—a scar, a poor complexion, or blood-
less lips, for example—in an enormously
handicapped.

"The knowledge of her defect, the
thought that others may notice and
talk about it, makes her shy and lack-
ing in self-confidence.

"She shuns other people's society on
this account and becomes morbid and
miserable, missing much of the joy in
life.

"Now, why should such a girl be
punished for a defect that she can con-
ceal? Why should she shrink from
using artificial means to hide her blem-
ish for fear of what the world may
say?

"I know one case of a life absolutely
ruined simply because of complexion
troubles, and I know of several cases
where women have become happy and
useful members of the community
through making-up.

"So long as a woman's make-up is
not so obvious as to be objectionable
her means to an end are justifiable.
She does no one any harm, and she
does herself a great deal of good.

"The knowledge that her particular
defect is no longer visible to all be-
holders gives her a contented mind,
and that has its inevitable result upon
her character and outlook on life.

"She becomes self-possessed instead
of self-effacing, a welcome acquain-
tance instead of a shunned one.

"Actresses are women for whom I
have the warmest admiration. They
are mostly warm-hearted, sensible and
cheerful. That is because they make
the best of themselves in face and
form."

A well-known writer was also decid-
ed in his praise of making up.

"Where make-up is employed artifi-
cially for the purpose of making at-
tractive and is not conspicuous, I can
see no harm in it," he said.

"You might just as well say that
a man has no business to shave and
part his hair straight every morning."

"I quite agree that the use of cos-

metics reacts upon a woman's mind
and character. Few women can go
through life cheerfully and contend-
edly conscious of lined foreheads or
bad complexions.

"It is true that the face is often a
reflex of the mind, but it is, in a mea-
sure, no less true that the mind is a
reflex of the face."

Musings Of The Gentle Cynic

A man is almost as happy if he
feels young as a woman is if she looks
young.

Honesty is a virtue, and we all know
that virtue is its own reward.

Many a man has more gold in his
teeth than he has in the bank.

One good turn deserves another, but
like many another good turn, it doesn't
always get an encore.

The man who stints his wife to keep
up his club dues has no business to
wonder why marriage is a failure.

Love levels all things, if it's on the
level itself.

It doesn't pay to become sadder with-
out becoming wiser.

There's one nice thing about eggs.
They never get too fresh.

It sometimes happens that the hard-
est troubles to get rid of are the ones
you borrow.

Some people put off till tomorrow
the things they should have done last
week.

Sufficient unto the day is the evil of
yesterday.

Most of us can act the fool without
much rehearsing.

It is quite superfluous for a man to
tell a woman he isn't worthy of her.
If she thought he was, she wouldn't
want him.

The beauty about spending all your
money is that nobody can borrow it
from you.

Many a man makes a nuisance of
himself rather than not attract atten-
tion at all.

Many a fellow has gone to the bar
because he has overtrained himself
to be a good feller.

Even a new broom will raise blis-
ters.

Once a girl falls in love it becomes
a habit with her.

Don't measure success from the
standard of your own littleness.

Any politician will tell you that fac-
tions speak louder than words.

Some people are almost as change-
able as luck.

Every man should endeavor to de-
serve the good opinion he has of him-
self.

There is no time like the present
for doing the things we don't have to
do.

Unfortunately a weak intellect won't
keep a man from being headstrong.

Most people labor under the delu-
sion that everybody else needs re-
forming.

It is a mistake to suppose that
women are always talking about their
dresses. Sometimes they are talking
about their hats.

Don't always trust the chronic hand-
shaker. He may have a sandbag up
his sleeve.

SAVING SILK STOCKINGS.
First, buy them large, maybe a full
size larger than you may wear in a
cotton or flannel stocking; next, darn
loosely the heel and toe and places
for garter catches—all before wearing
the stockings. This prevents holes
from appearing in heel and toe and
the knee from having "runners."
Rinse out in cold water after each
wearing, and the stockings will last
two or three times longer than when
these precautions are not taken.—L.
S. W., in Harper's Bazar.

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